



Small swaps for a *healthier heart*

You don't have to give up your food. A few changes to **how** it's cooked and **how much** go on the plate make a real difference to your heart and blood sugar.

INSTEAD OF

Lots of ghee, coconut or palm oil



TRY

The same dishes with less oil; use canola, sunflower or olive oil

INSTEAD OF

A big plate of white rice



TRY

Half the rice, double the dal & vegetables; or try brown/red rice

INSTEAD OF

Chai with 2 to 3 sugars



TRY

Work down to 1, then ½; your taste adjusts within weeks

INSTEAD OF

Deep-fried snacks (samosa, vadai, bajji)



TRY

Air-fried or baked; roasted chana, nuts or fruit between meals

INSTEAD OF

Mithai / sweets most days



TRY

Keep them for festivals and special days; fresh fruit for everyday

INSTEAD OF

Heavy salt, pickle & papadum



TRY

Lemon, chilli, garlic, ginger & fresh herbs for flavour instead

INSTEAD OF

Full-cream milk & curd



TRY

Reduced-fat milk and yoghurt; same taste in tea and curries

INSTEAD OF

Fizzy drinks & sweet juice



TRY

Water, plain soda with lemon, or unsweetened buttermilk (mor)

The golden rule

Small, steady changes beat big diets that don't last. Change one thing this week, and keep it.